

School of Buddhist Studies and Civilization Gautam Buddha University



**UNDERGRADUATE PROGRAMME
(Courses effective from Academic Year 2018-19)**

**SYLLABUS OF COURSES TO BE OFFERED
Open Elective Course**

Course Name: Human Values & Buddhist Ethics

Code of Course: BS 101

No. of Credits: 2

Unit 1:

Life of Gautam Buddha

Origin of Buddhism

Buddhist Ethics

Buddhist Literature (Pāli Canonical Literature)

Unit 2:

Basic Tenets of Buddhism:

Cattāri-Ariya-Saccāni (The Four Noble Truths)

Ariyo-Atṭhaṅgiko-Maggo (The Eightfold Path or The Middle Path)

Brahma-Vihāra-Bhāvanā (Four Sublime States)

Pañcasīla (The Five Precepts)

Unit 3:

Socially Engaged Buddhism

Ten Wholesome Deeds (Dasa Kusala Kamma)

Ten Unwholesome Deeds (Dasa Akusala Kamma)

Unit 4:

Buddhist View on Environmental Crisis

Buddhist View on Human Rights

Buddhist Economic Theory

Suggested Readings:

- Ambedkar, Bhim Rao, *The Buddha and His Dhamma*, Nagpur: Buddha Bhoomi Prakashan, 1997.
- Bapat, P. V., *2500 Years of Buddhism*, Delhi: Publications Division, Ministry of Information and Broadcasting, Government of India, 1997.
- Bhikkhu Dr. Beligalle Dhammajoti, *Buddhism & Modern World*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2011.
- Bhikshu Dharmarakshita, *Pāli Sāhitya Kā Itihās*, Varanasi: Gyanamandala Limited, 1988.
- Bhikshu Dharmarakshita, *Sukhī Grihasṭha Ke Liye Buddha Upadesh*, New Delhi: Samyaka Prakashana, 2011.
- *Buddhist Dictionary - Manual of Buddhist Terms and Doctrines* (Ed.) Nyanaponika, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2012.
- Chan Khoon San, *Buddhism Course*, Kuala Lumpur: Majujaya Indah Sdn. Bhd., 2012.
- Dharmakirti, *Buddha Ka Nitishashtra*, New Delhi: Samyaka Prakashana, 2012.
- Dharmakirti, *Buddha Ka Samajadarshana*, New Delhi: Samyaka Prakashana, 2012.
- K.Sri Dhammananda, *Gems of Buddhist Wisdom*, Malaysia: Buddhist Missionary Society, 1996.
- K.Sri Dhammananda, *Meditation the Only Way*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- K.Sri Dhammananda, *What Buddhists Believe*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- Keown, D., *The Nature of Buddhist Ethics*, London: Macmillan, 1992.
- Law, Bimala Churn, *A History of Pāli Literature*, Delhi: Indological Book House, 1983.
- Misra, G.S.P., *Development of Buddhist Ethics*, New Delhi: Munshi Ram Manohar Lal Private Limited, 1984.
- Nārada Thera, *A Manual of Buddhism*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2005.
- Narada, *The Buddha and His Teachings*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2005.
- Narasu, P.Lakshmi, *The Essence of Buddhism*, Madras: Asian Educational Services, 1993.
- Paul Carus, *The Gospel of Buddha*, Nagpur: Kashinath Meshram, Buddha Bhoomi Prakashan, 1997.
- Pyinnyāthīha, *The Triple Gem and The Way to Social Harmony*, Taipei: The Corporate Body of the Buddha Educational Foundation, 2002.
- Rahula, Walpola, *What The Buddha Taught*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2003.
- Samdhong Rinpoche, *The Social Philosophy of Buddhism*, Varanasi: The Central Institute of Higher Tibetan Studies, 1972.
- Sankrityana, Rahula, *Bauddha Darshana*, Allahabad: Kitab Mahal, 1992.
- Sarao, K.T.S. & Arvind Kumar Singh (Eds.), *A Text Book of the History of Theravada Buddhism*, Delhi: Department of Buddhist Studies, Delhi University, 2006.
- Sarao, K.T.S., *Origin and Nature of Ancient Indian Buddhism*, New Delhi: Munshiram Manoharlal, 2009.
- Sayagyi U Ko Lay, *Guide to Tipitaka*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2002.
- Shakya, Gyanaditya, *Bauddha Dharma Darshana Mein Brahma-Vihāra-Bhāvanā*, Ahmadabad: Reliable Publishing House, 2013.
- Shakya, Rajendra Prasad, *Bauddha Darshan*, Madhya Pradesh Hindi Academy, Bhopal, 2001.
- Singh, Anand, *Business Ethics and Indian Value System*, Himalayana Publication, Delhi, 2010.
- *The Dhammapada* (Ed. & Tr.) K. Sri Dhammananda, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- Thera Piyadassi, *The Buddha's Ancient Path*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2003.
- Upadhyaya, Bharat Singh, *Pāli Sāhitya Kā Itihās*, Prayag: Hindi Sahitya Sammelan, 2005.
- Upadhyaya, Baladeva, *Bauddha Dharma Darshan Mimamsa*, Varanasi: Chaukhamba Vidya Bhawan, 1999.

Course Code: BS 211
Course Name: Buddhist Meditation and Personality Development (Practical Based)
Credits: 2

(Candidates will be taught different techniques of meditation through Practical practices.)

Goal: To Provide the Bodhi meditation methods to help the students' develop mindfulness, loving-kindness, and compassion and relaxation technique. Applied meditation methods teach to students' personality development through practices of different kinds of Buddhist meditation in daily life.

Unit-1: Introduction to Buddhist Meditation and Personality Development

- Concept of Bodhi and Types of Buddhist Meditation (*Samatha* and *Vipassana*)
- Nature of Mind and Types of Personality Development
- Role of Teacher (Kalyanmitra) in Meditation

Unit-2: Basic System of Bodhi Meditation (Samatha Meditation)

- What is Meditation? Why Bodhi Mindfulness Meditation?
- Basic Rules of Preparation for the Meditation Practices.
- Meaning, Purpose of Anapanasati (Mindfulness) and Self-Development
- Practice of Ānāpānasati (Mindfulness of Breathing)
- Practice of Walking and Standing Meditation
- Practice of Visualization of *Buddhanusmruti*

Unit-3: Advanced System of Bodhi Meditation (Vipassana Meditation)

- Meaning and Purpose of Bodhi Meditation (Vipassanā Bhāvanā) and True Personality
- Practice of Mindfulness on Body and Feelings
- Meaning and Purpose of Four Brahma-Vihāra Bhāvanā (Four Sublime States) and Positive Behaviors
- Practice of Mettā Brahma-Vihāra Bhāvanā (Loving-kindness)
- Practice of Karuṇā Brahma-Vihāra Bhāvanā (Compassion)
- Practice of Six Elements and Non-Self
- Practice of Just Sitting (Zen meditation) and Stress Management

Unit-4: Self-Assessment Reports/Surveys and Two days Workshop on Bodhi Mindfulness Meditation practices

- **1st Day Meditation Practices (Basic Meditation Practices)**
- **2nd day Meditation Practices (Advanced Meditation Practices)**

Suggested Readings:

1. Kamalashila, *Meditation: the Buddhist way of tranquility and insight*, Windhorse Publications, Birmingham, 1995
2. Meshram Manish, *Buddh Dhamm main dhyān sadhana: nibban magg*, Goonj Prakashan, Delhi, 2017
3. Nyanaponika Thera, *The Four Sublime States*, Kandy: Buddhist Publication Society, 1998.
4. Paramananda, *Change Your Mind: a practical guide to Buddhist meditation*, Windhorse Publications, Birmingham, 2002.
5. Sanghrakshita, *A Guide to the Buddhist Path*, Windhorse Publications, Birmingham, 1995.
6. Shakya, Gyanaditya, *Buddha Dharma Darshana Mein Brahma-Vihāra Bhāvanā*, Ahmadabad: Reliable Publishing House, 2013
7. Silva, Padmasiri De, *An introduction to Psychology and counseling: Pathways of mindfulness-based therapies*, Palgrave Macmillan, New York, 2014.
8. Sobti, H. C. S., *Vipassana: The Buddhist Way*, Gautam Book Centre, Delhi, 2009.
9. Thynn Thynn, *Living Meditation Living Insight*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 1995.
10. U. Vimalaramsi, *The Ānāpānasati-Sutta*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 1997.
11. *Visuddhimarga* (Ed. & Tr.) Bhikshu Dharmarakshita, Delhi: Gautam Book Center, 2010.

School of Buddhist Studies and Civilization Gautam Buddha University



POST GRADUATE PROGRAMME (Courses effective from Academic Year 2018-19)

SYLLABUS OF COURSES TO BE OFFERED Open Elective Course

Course Name: Buddhist Moral Values and Contemporary Society

Code of Course: BS 501

No. of Credits: 2

Unit 1:

Life of Gautam Buddha

Origin and Development of Buddhism

Buddhist Literature (Pāli Canonical Literature)

Buddha's Contribution to Humanity and Ethics

Unit 2:

Basic Tenets of Buddhism

Cattāri-Ariya-Saccāni (The Four Noble Truths)

Ariyo-Atṭhaṅgiko-Maggo (The Eightfold Path)

Sīla (Morality)

Brahma-Vihāra-Bhāvanā (The Four Sublime States)

Pañcasīla (The Five Precepts)

Unit 3:

Socially Engaged Buddhism

Ten Meritorious Deeds (Dasa Kāmāvacara Kamma)

Ten Perfections

Buddhism and Family Life

Unit 4:

Buddhist View on Ecological Crisis

Buddhist View on Human Rights

Buddhist View on Animal Rights

Buddhist Economic Theory and its Relevance

Suggested Readings:

- Ambedkar, Bhim Rao, *The Buddha and His Dhamma*, Nagpur: Buddha Bhoomi Prakashan, 1997.
- Bapat, P. V., *2500 Years of Buddhism*, Delhi: Publications Division, Ministry of Information and Broadcasting, Government of India, 1997.
- Bhikkhu Dr. Beligalle Dhammajoti, *Buddhism & Modern World*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2011.
- Bhikshu Dharmarakshita, *Pāli Sāhitya Kā Itihās*, Varanasi: Gyanamandala Limited, 1988.
- Bhikshu Dharmarakshita, *Sukhī Grihastha Ke Liye Buddha Upadesh*, New Delhi: Samyaka Prakashana, 2011.
- *Buddhist Dictionary - Manual of Buddhist Terms and Doctrines* (Ed.) Nyanaponika, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2012.
- Chan Khoon San, *Buddhism Course*, Kuala Lumpur: Majujaya Indah Sdn. Bhd., 2012.
- Dharmakirti, *Buddha Ka Nitishashtra*, New Delhi: Samyaka Prakashana, 2012.
- Dharmakirti, *Buddha Ka Samajadarshana*, New Delhi: Samyaka Prakashana, 2012.
- K.Sri Dhammananda, *Gems of Buddhist Wisdom*, Malaysia: Buddhist Missionary Society, 1996.
- K.Sri Dhammananda, *Meditation the Only Way*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- K.Sri Dhammananda, *What Buddhists Believe*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- Keown, D., *The Nature of Buddhist Ethics*, London: Macmillan, 1992.
- Law, Bimala Churn, *A History of Pāli Literature*, Delhi: Indological Book House, 1983.
- Misra, G.S.P., *Development of Buddhist Ethics*, New Delhi: Munshi Ram Manohar Lal Private Limited, 1984.
- Nārada Thera, *A Manual of Buddhism*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2005.
- Narada, *The Buddha and His Teachings*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2005.
- Narasu, P.Lakshmi, *The Essence of Buddhism*, Madras: Asian Educational Services, 1993.
- Paul Carus, *The Gospel of Buddha*, Nagpur: Kashinath Meshram, Buddha Bhoomi Prakashan, 1997.
- Pyinnyāthīha, *The Triple Gem and The Way to Social Harmony*, Taipei: The Corporate Body of the Buddha Educational Foundation, 2002.
- Rahula, Walpola, *What The Buddha Taught*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2003.
- Samdhong Rinpoche, *The Social Philosophy of Buddhism*, Varanasi: The Central Institute of Higher Tibetan Studies, 1972.
- Sankrityana, Rahula, *Bauddha Darshana*, Allahabad: Kitab Mahal, 1992.
- Sarao, K.T.S. & Arvind Kumar Singh (Eds.), *A Text Book of the History of Theravada Buddhism*, Delhi: Department of Buddhist Studies, Delhi University, 2006.
- Sarao, K.T.S., *Origin and Nature of Ancient Indian Buddhism*, New Delhi: Munshiram Manoharlal, 2009.
- Sayagyi U Ko Lay, *Guide to Tipitaka*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2002.
- Shakya, Gyanaditya, *Bauddha Dharma Darshana Mein Brahma-Vihāra-Bhāvanā*, Ahmadabad: Reliable Publishing House, 2013.
- Shakya, Rajendra Prasad, *Bauddha Darshan*, Madhya Pradesh Hindi Academy, Bhopal, 2001.
- Singh, Anand, *Business Ethics and Indian Value System*, Himalayana Publication, Delhi, 2010.
- *The Dhammapada* (Ed. & Tr.) K. Sri Dhammananda, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2006.
- Thera Piyadassi, *The Buddha's Ancient Path*, Taiwan: The Corporate Body of the Buddha Educational Foundation, 2003.
- Upadhayaya, Bharat Singh, *Pāli Sāhitya Kā Itihās*, Prayag: Hindi Sahitya Sammelan, 2005.
- Upadhayaya, Baladeva, *Bauddha Dharma Darshan Mimamsa*, Varanasi: Chaukhamba Vidya Bhawan, 1999.